### Athens Drive High School…Health and Physical Education Department

January 23, 2013

Welcome to Athens Drive High School and to the Health and Physical Education Department. Below you will find information concerning Healthful Living.

All students will be required to dress in **appropriate gym attire for Physical Education**. This includes T-shirt and shorts or sweats, socks and tennis shoes. Grading for PE is as follows: You will receive 20 points a day, 100 points per week. Non-dress/participation: -20. Not dressed, but participation: -10. Inappropriate shoes, don’t have your shirt, or don’t have your socks, -5. Not participating in warm-ups: -5. In health, the breakdown is as follows: Tests/Quizzes 40%, Classwork 30%, Teacher assignments 30%.

If you do not feel well, you may dress-out and sit with no deduction of points (one sick day per grading period). If you are out with a doctor’s note, you will be given a written assignment to complete.

Anytime you are absent from PE you must complete **make-up work**. You can receive a make-up slip from your teacher. Any absences not made up will result in points being deducted from your grade.

**Lockers** are provided in the locker room. They are there for you to use during PE class. Because the school is open all day and well into the night, it is not advisable to leave things in your locker over long periods of time. Please bring your own lock and lock up your clothes and personal items. The PE staff will **not be responsible** for anything that is stolen. Team locker rooms are for after school use only and will not be opened for PE during the day.

Please enter the **locker room** by way of the hall entrance. You should get dressed for class and go to your area in the gym, sit in your squad, and wait for the roll to be checked. You will have about 7 minutes from the tardy bell to dress out and be in your squad. If you are not in the locker room when the tardy bell rings, you are tardy to class. You will be asked by PE staff to give your name, and you will be assigned lunch detention. You will be dismissed by your teacher to return to the locker room about 10 minutes before the bell rings to go to your next class. Students should wait in the locker room for the bell. You will not be allowed to leave the gym area before the bell rings.

There is **NO FOOD/DRINK/I-PODS/CELL PHONES** allowed in the locker rooms, or the gym. If you have it, you will be asked to throw it away/put it away.

Your **Health class** will meet in the classroom assigned by your teacher. You will be expected to bring paper and pencil, as you will have various assignments throughout the health unit.

If you would like more information on our curriculum, you can go to the DPI website at [www.ncpublicschools.org/curriculum](http://www.ncpublicschools.org/curriculum), or you can visit our website at athenspe.wikispaces.com and there is a link to the Physical Education Standard Course of Study.

This year Athens Drive will implement SMART Lunch, which will be an opportunity for students to get extra help in their classes. SMART lunch will provide opportunities for open tutorial sessions on designated days for extra help in class. There is a complete explanation of SMART Lunch and a schedule for Tutorials on the Athens Drive web site at Athensdrive.com.

In addition, here are some dates to remember:

Open House:

Progress Reports: Feb. 22-26, May 3-7

Report Cards Issued: April 9, June 18

Early Release Days: Oct. 21, Dec. 3, Feb. 3, April 21

Exam Dates for Semester 2: June 3-9

**We hope you enjoy your year at Athens Drive!**

Hardy Pulling Bell Wheeler

Hershey Clemons

Parent signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_